When older adults cannot follow the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow. It is also advised to seek professional help should difficulties be encountered while carrying out physical activity.
PHYSICAL ACTIVITY WHO Guidelines

BE ACTIVE

VIGOROUS

MODERATE

150 min.
75 min.

How much do I need to do?

Older adults, aged 65 years and older, should engage for a minimum of 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous intensity physical activity, over one week. An equivalent combination of moderate and vigorous intensity activity can also be done.

This physical activity can be carried out in one session or in smaller sessions of 10 minutes or longer.

For additional health benefits, older adults should increase their moderate-intensity physical activity to 300
minutes per week or engage in 150 minutes of vigorous-intensity physical activity per week (or an equivalent combination of moderate and vigorous intensity activity).

Why?

Benefits of physical activity include improvement in heart and lung health, the strength and endurance of the body’s muscles as well as bone health. In addition, physical activity helps in reducing the risk of chronic diseases, depression and loss in memory.

Improving Balance

Older adults with poor mobility should perform physical activity on 3 or more days per week to enhance balance and prevent falls.

Improving Strength

Muscle-strengthening activities should be done on 2 or more days a week. This will help in everyday activities such as climbing the stairs and carrying groceries.

Examples of Strength training

- Yoga
- Pilates
- Carry Bags
- Bowling

Examples of Strength training

- Gym
- Dance
- Computer
- Sofa
- TV

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